

COVID-19 GUIDANCE – IN PLACE THROUGH MARCH 31 IF NOT UPDATED EARLIER

Recommendations For All Residents

- Stay home as much as possible and minimize face-to-face contact. Eliminate non-essential trips.
- Regularly wash hands with liquid soap and water, and rub for at least 20 seconds. Use alcohol-based sanitizer if soap and water are not available.
- Clean and disinfect surfaces touched by many people more often.
- Avoid touching your eyes, nose, and mouth.
- If you are well, wearing a facemask is not necessary. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of masks is crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

Sick Persons

- Everyone should stay home if they are sick until:
 - At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); AND,
 - At least 7 days have passed since symptoms first appeared.
- Individuals with cold-like symptoms should manage their symptoms at home with over-the-counter drugs whenever possible, regardless of whether they have a cold, the flu, or COVID-19.
- Individuals who develop difficulty breathing, feel extremely tired, or were feeling better but then feel a lot worse should call their health care provider. If they will be going to the provider's office or urgent care center, they should call ahead so that the health care provider can be prepared to care for them.
- People should only call 911 or go to an emergency department if they believe that their life is in imminent danger. Other emergencies are still occurring, and emergency resources must be available to address all of them, not just COVID-19.
- If someone in your household has tested positive for COVID-19, the entire household should stay home for at least two weeks.

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Workplaces

Workplaces and businesses should implement telecommuting for their employees, if this is feasible, and minimize the number of employees working within six feet of one another.

Employers should also:

- Suspend nonessential travel.
- Require employees to stay home when they are sick and maximize flexibility in sick leave benefits.
- Consider staggering start and end times to reduce large numbers of people coming together at the same time.

Follow posted [California Department of Public Health \(CDPH\) guidance](#).

Large Gatherings

Placer County Public Health now echoes state recommendations that all gatherings be postponed or cancelled.

A “gathering” is any event or convening that brings together people in a single room or single space at the same time, such as an auditorium, stadium, arena, large conference room, meeting hall, cafeteria, or any other indoor or outdoor space.

Entertainment/Other

The State of California has recommended closure of bars, nightclubs, wineries and breweries across California. Restaurants should be closed for in-restaurant seated dining and should be open only to drive-through or other pick-up/delivery options. [Follow CDPH guidance](#).

Schools and Childcare Facilities

Schools and childcare facilities should make decisions about closing or other actions in collaboration with Placer County Public Health. Distance learning is encouraged.

If open, schools should minimize students and/or staff working within six feet of each other whenever feasible.

If open, schools should follow posted California [CDPH and California Department of Education joint guidance](#) under Scenario II or higher, depending on circumstances.

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Testing

Testing for COVID-19 is now available through commercial labs. However, just because a test is available does not mean that it is necessary for most people.

Until testing capacity increases and more health care facilities are able to collect specimens while protecting patients and health care workers from exposure, people who have mild symptoms do not need to get tested. See guidance under "Sick Persons" above.

Exposed Persons

If someone in your household tests positive for COVID-19, everybody in the household should stay home for at least two weeks. An exception to this voluntary quarantine would be a health care worker or first responder. These critical workers are being closely monitored by their employers for symptoms.

Vulnerable Populations

The risk of severe disease from COVID-19 escalates as age increases, with persons over the age of 65 at higher risk of complications and severe disease. Regardless of age, people with chronic health conditions such as cardiovascular disease, cancer, heart disease, or lung diseases such as COPD, as well as those with weakened immune systems are also at high risk of severe illness.

People at higher risk should stay home and away from other people. Ask someone at lower risk to bring groceries, medical supplies and other necessities to avoid going out in public. [Follow CDPH's guidance for those at elevated risk.](#)